

The Relationship Quiz

You can get an idea of whether your relationship shows signs of being abusive by taking a quiz. The quiz is not an official psychological diagnosis but may indicate the need for help. Any kind of physical or verbal assault will likely get worse over time.

Check each answer below that is yes

	Embarrass you with bad names or put-downs, either in private or in public?
	Look at you or act in ways that scare you?
	Criticize your clothes, behavior, or opinions on a regular basis and in front of others?
	Want to know everywhere you go, everyone you talk to, everything you do?
	Stop you from seeing or talking to friends or family?
	Take your money or social security, make you ask for money, or refuse to give you money? Does he make you accountable for every dollar you spend?
	Make all of the decisions?
	Prevent you from going to work or school, either through force, keeping you up all night, or forcing you to use alcohol or drugs?
	Force you to perform sexual acts that make you uncomfortable?
	Shove you, kick you, slap you, or do anything else physical that might cause a bruise?
	Yell at you or call you crazy or stupid? Does he then act like it is no big deal, that it is your fault, or even deny doing it?
	Intimidate you with weapons or drugs?
	Threaten to kill himself if you ever leave or threaten to kill you if you ever leave?

SCORING: If you checked even one, you should seek help. Any kind of physical or verbal assault will likely get worse over time.

Source: Family Violence Prevention Fund, San Francisco, 2001.

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